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FEEDBACK

Hemi-Sync® and Surgery

The following excerpts are from a letter written to GO! Trainer Geoffrey Lyford of Calgary, Alberta, by Joyce Wilson, a participant in one of his EXCURSIONS.

A note of thanks for the use of your Hemi-Sync tapes. It is five weeks today since my surgery on July 25.

I had two similar surgeries on October 28, 1983 and March 1, 1985, but this experience was dramatically different. It is my belief that using the Hemi-Sync tapes designed for Pre-Operation, IntraOperation, Recovery Room and the Energizing Walk is the distinguishing factor. This surgery was truly a positive growth experience for me...

I found it reassuring to listen to the tapes from time to time during the five days prior to the surgery. I also used techniques learned in the Excursion Workshop to deepen myself in a relaxed yet focused state.

The evening prior to and the morning of surgery I listened to the Pre-Operation Tape. I put the Intra-Operation tape into the tape recorder just before leaving to go to the operating room...

I was told later that only a minimal amount of anesthetic was required to keep me sedated during surgery. My vital signs were strong and I was relaxed and calm throughout the entire operation...

The following day I was alert and energetic. Much to the consternation of the nursing staff I did not require anything for pain because I had no pain! I have no recollection of any pain whatsoever with this surgery.

The incision healed remarkably quickly. I resumed normal activity within three weeks, which is months ahead of where I was with my two previous surgeries. I had family and many friends who prayed for me and sent me love and energy for which I am grateful. The kindness and generosity shown to me by Reni and yourself is sincerely appreciated. All of this has helped more than I can consciously realize. I do also believe that the HemiSync tapes are greatly responsible for my extraordinary progress.

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